SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 23rd May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 23 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Fri 25 **Track Session with Martin Morley** details
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

Tue 29 **Track Session with Steve Smythe** see below
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Track sessions back at Dulwich College Track.
Improve your speed & strength over all distances
Tuesdays with Steve Smythe are suitable for all abilities.

Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track

Cost is provisionally £1 as long as you pay on the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

LUCKY VEST

May winner Paul Keating

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening.

NEW KIT ***NEW KIT*** ***NEW KIT***

We now have lovely new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight

Vests £18 – t shirts £20

Ros

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
5.. Green Belt Relays results
7/8 We came, we saw, we Copenhagened !
10 Wednesday Night Map to print

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

Jun 7 Victoria Pk. Assembly League
Jun 9/10 Welsh Castle relays
Jun 22 Club champs 1mile , Dulwich track
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Steve Wehrle and Laura Stephens** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Steve Cook	23/05
Lindsey Annable	30/05
Joseph Brady	04/06
Susan Cooper	11/06

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please remember to pay when you sign in. Thanks. – Ros

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.

There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

CLUB FIXTURES 2011/12 - Club Champs , Xcountry, etc.

Date			Event		Venue
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		Various
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country.

These are:

20 October, Lightwater

10 November, Roundshaw Down

12 January, Cranford

9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. – **Mike**

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Victoria Park on 7th June at 7:30pm. Details to follow.

7 Jun	Victoria Park	7:30
5 Jul	Battersea Park	7:30
2 Aug	Dulwich Park	7:30
6 Sep	Beckenham Sports Club	7:15

Charlie Lound

DULWICH RUNNERS 2012 CLUB CHAMPS

See fixture list for races and dates etc.

Dates for some of the races are provisional, based on last years dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

WELSH CASTLES RELAY

Provisional stage allocations have now been sent to all the runners. If anyone not running fancies a weekend in Wales, we are looking for additional minibus drivers as well as extra cars to help with the transport logistics.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

This is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

We will look to organise our Festival of Running towards the end of Summer as in previous years, hopefully a bigger and better Festival this year. – **Martin Morley**

BUPA London 10km

The following have been entered for the BUPA London 10km on Sunday May 27

Men: Wayne, Tony, Dave B, James G, Duncan H, Steve S

Women: Clare E, Andrea, Ola, Shona, Charlie, Alexie (since withdrawn injured)

"The Big Jubilee Quiz Night"

Hi Everyone

Just a quick note to plug our 'Big Jubilee Quiz Night' at The Edward Alleyn Club on Friday 1st June!

To celebrate the Diamond Jubilee, we'll be providing a quiz night full of great prizes, lots of entertainment and a fantastic set of challenging questions, compered by our very own John Battle.

The night will begin at 7.30pm (quiz from 8pm) and refreshments will be provided.

Entry is £3 per person and teams are limited to four people for each team.

Please pass this message on and sign up early as you can as spaces are limited.

Looking forward to seeing you on the night!

Thanks – Rob

Race Reports & Results

SOUTHERN VETS LEAGUE, 14 MAY

In the first fixture of the season at Battersea Park track, I competed as an M50 in the 1500m. In a tactical race I think I got the tactics about right, tucked in behind the leading M50 for most of the race, and running at a fairly comfortable pace, but the delivery was not quite up to scratch as I passed him with 50m to go only for him to come back past me virtually on the line to beat me by 0.2 secs.

Mike Mann
1500m 5:06.6 2nd M50

BMAF RELAYS

Just a quick line to say many thanks to the rest of the M55 quartet (Adrian, Mike and Neville) for letting me run the opening stage at Sutton Park on my 55th birthday. Having missed so much of the past 18 months through injury, it was a fantastic feeling to be running again at a semi-competitive level.

Everyone ran to their limit, and we were desperately close to a bronze medal, finishing just 15 secs adrift. Next year we should have an even stronger team and definite medal chances! best wishes, **Nick Brown**

HASTINGS RUNNERS CLUB 5KMS CHAMPS WEDNESDAY 16TH MAY

In one of our strongest club 5kms races for many years, attracting a field of 80 runners, the first 10 all broke 20 mins. An accurately measured out and back course along Hastings seafront, it was easy going until halfway but after the turnaround the prevailing south-westerly wind made conditions tough for everyone.

I was pleasantly surprised to set the pace with the eventual winner for the first 3.5 kms, but my lack of endurance began to tell and I finished 14 secs adrift in 18.32. However I was delighted with the time which was way quicker than anything I have managed during the past 3 months training!

Nick Brown 18.32 (1st M50)

Southwark Schools Trials Croydon Sports Arena, May 23

Alex Elms ran his first ever 1500m, and running tactically for second to qualify for a London Youth Games place, he produced a very fast last lap. A few hours later, he ran the 200m and finished strongly to again get a space in the 200m

1500: 2 Alex Elms 5:02.7
200: 2 Alex Elms 28.5

CIVIL SERVICE SPORTS COUNCIL, JUBILEE CHALLENGE 10K - BATTERSEA PARK, 17 JUNE

*Mike Dodds writes...*The annual Civil Service 10k Champs took place at their usual venue of Battersea Park but were a bit jazzed up for this Jubilee year with a larger field than usual being set on its way by the Duchess of Gloucester and with a goody bag and decent medal at the end.

I managed what I suspect was my fastest 10k for a couple of years at least, albeit in good conditions on a flat course. Maybe my return to regular track training after a gap of over 25 years along with the Saturday morning discipline of parkrun are paying some dividends.

My satisfaction at all this was only spoiled, slightly, by being overtaken on the stadium approach - OK the path leading onto Battersea track - by the newly appointed Permanent Secretary of the Department of Transport going like a train (reasonably enough). 'Well run Philip', I said, 'if you'd stayed for a couple of months longer you could have led the BIS over 50s team home' (as I had just done). Back came the reply 'yes, but I'm not actually 50 quite yet'. Oh well, another flattening out in the Dodds career trajectory!

On the other hand there was some comfort in knowing that this particular 'Sir Humphrey', who had taken the best part of 10 seconds out of me over 300 metres, was actually a fair bit younger than me. Over a 4 lap course the maths suggest that I should have just avoided being lapped by James Godber of DECC. If he did, well, I didn't see him.

16 James Godber 36.25
139 Mike Dodds 45.40
353 finishers

Myra Garrett 10km & 3km, May 20

On a grassland course with a few hills, times were about two minutes down on a road course Though taking it fairly easy, and only stretching out in the final kilometre, Clare Elms was first woman by five minutes

7 Clare Elms 1W 39:51
10 Steve Smythe 40:24
173 finished

3km Fun run

Alex Elms was second and only beaten by a boy quite a bit older

2 Alex Elms 11:24
117 finished

GREEN BELT RELAY, 19/20 MAY

This year's Green Belt Relay was a great success with our A team finishing in an impressive 5th place, only 1 minute 29 secs behind the 4th placed team, and our B team in 20th place out of the 36 teams in total competing. As well as a number of old timers, a number of our team members were competing in the event for the first time, including some who have only recently joined the club.

Also a big thank you to those who stepped in at the last minute to replace runners forced to withdraw as a result of injuries, and to Andrew Axford and Gary Sullivan for driving the large unwieldy minibus (that sounded like a tractor) over the weekend.

Results are given in the table. Note that mile times between legs are not directly comparable because of differences in distance, terrain and hilliness. In particular stages 4,5, 10, 16 and 19 are all tough runs.

There were a number of individual highlights over the weekend. Shona McIntosh won both her stages and only missed out on a course record on stage 10 by the glutinous mud in places which she found hard to negotiate.

Ange Norris had two excellent runs to set new W50 course records on stages 11 and 19, where she only missed out on winning the stage by 9 seconds.

Catherine Lee, who had a great comeback after her recent disappointment in the marathon, was winner of stage 2 and was only narrowly beaten into second place by 21 seconds on stage 13.

Michael Williams had strong runs, finishing 3rd on the difficult stage 5 and 2nd the next day on stage 18. Charlie Lound finished in 3rd place on stage 9 in a fast time and 4th over the hills of stage 16 the next day.

James Godber started well on stage 17, leading the race beyond the halfway point, but unfortunately as sometimes happens to race leaders, went badly off course, ending up playing catch up.

First timers to the relay included Rupert Nash, Graeme Campbell, Mark Foster, Matt Kerr, Cory Wharton Malcolm, Paul Devine and Ameet Patel, all of whom acquitted themselves admirably and seemed to enjoy the experience. ***Mike Mann***

LEG	RUNNER	POSITION	TIME	PACE	DIST.
1	Mike Mann	14	1:27:49	6.91	12.7
	Chris Treble	16	1:29:27	7.04	
2	Catherine Lee	7 (1ST W)	48:39	6.71	7.25
	Martin Morley	19	55:10	7.61	
3	John Fletcher	15	1:36:14	7.34	13.1
	Ameet Patel	22	1:49:15	8.33	
4	James Godber	7	1:26:20	7.08	12.2
	Mark Foster	17	1:36:05	7.88	
5	Michael Williams	3	1:24:24	6.25	13.5
	Jose Barretta	13	1:33:24	6.92	
6	Neil Daniels	18	1:01:50	7.36	8.4
	Cory W Malcolm	29	1:13:18	9.95	
7	Andy Murray	17	1:22:18	6.85	12
	Mel Edwards	21	1:30:17	7.52	
8	Rupert Nash	11	1:11:26	6.71	10.65
	Graeme Campbell	22	1:23:03	7.8	
9	Charlie Lound	3	1:00:56	5.94	10.2
	Ian Sesnan	27	1:24:59	8.20	
10	Shona McIntosh	4 (1st W)	1:06:31	6.85	9.7
	Matt Kerr	15	1:15:00	7.73	
11	Paul Devine	8	52:06	6.95	7.5
	Ange Norris	12 (2nd W)	53:40	7.15	
12	Chris Treble	12	1:15:01	6.88	10.9
	Neil Daniels	20	1:19:33	7.03	
13	Catherine Lee	11 (2ndW)	45:25	6.58	6.9
	Graeme Campbell	24	53:42	7.78	
14	John Fletcher	7	53:28	6.66	7.9
	Cory W Malcolm	28	1:12:08	9.13	
15	Rupert Nash	11	1:03:30	6.09	9.2
	Mel Edwards	17 (2nd W)	1:05:22	7.01	
16	Charlie Lound	4	1:26:03	6.05	13.3
	Martin Morley	24	1:48:42	8.17	
17	James Godber	9	1:09:42	6.63	10.5
	Matt Kerr	23	1:19:05	7.53	
18	Michael Williams	2	53:55	6.02	8.6
	Jose Barretta	10	59:45	6.87	
19	Ange Norris	20 (2ndW)	1:15:46	7.21	10.5
	Andy Murray	23	1:16:12	7.25	
20	Paul Devine	7	34:04	6.08	5.6
	Ameet Patel	19	39:02	7.02	
21	Mike Mann	9	56.02	6.71	8.4
	Ian Sesnan	25	1:06:48	7.95	
22	Shona McIntosh	6 (1st W)	55:15	6.04	9.15
	Mark Foster	16	1:01:01	6.67	

Green Belt Relay May 2012

Some of the competitors

Angie Norris, Andy Murray

Mark Foster

Mel Edwards, Rupert Nash

Rupert Nash

Ian Sesnan, Mike Mann

Mike Mann

Jose Barretta

Mike Mann

Mel Edwards

Ian Sesnan

Nykredit Copenhagen Marathon Sunday 20th May 2012

Clare Osborne writes:
"After the disppointment in Stratford Upon Avon, where the marathon was cancelled on the start line due to the water-logged route, it was fortunate that Claire Steward had already planned to do the Copenhagen Marathon and that places were still available, so I entered. And here we both were, again, three weeks later, in Copenhagen.

Despite the frantic rush to get the start (long loo queues and problems with contraflow when handing in your baggage and then fighting your way back to the start line), the race started on time and in glorious sunshine. The 2,000 entrants from overseas out of the 10,500 total entrants, were all welcomed over the tannoy and then off we went.
I was actually going to run my second ever marathon!.

I had always aimed for a sub 4 during training but had suffered a bit with a hip injury which meant my last 20 mile run was now almost 10 weeks ago, so was prepared to stick to 9 minute miles and see how it went. I went with the 4 hour pacers for the first two miles but having clocked off each mile around 8:30 I decided to ease back a bit.

I got in a comfortable pace, having to keep eyes peeled at the numerous traffic islands, kerbs, parked cars etc that all needed avoiding. The Danish runners have a system of pointing out any obstacles as they pass them and I soon joined in (why not?!) This also included raising an arm in the air when a bottleneck approached, meaning if you saw raised arms ahead, you knew to run wide. Sensible.

The scenic route weaved its way round the centre of Copenhagen and despite covering most of it by car the day before with Claire's very hospitable Danish friends, I'm appalled to say I recognised little. The route double-backed here and there so it was good to see other runners and it really was incredibly flat. There were cobbles in a few too many places which became a little cumbersome.

There were about 50 or so Brits entered to run, I only met one of them on route, a guy from south Wales who was running his third ever marathon, all of which had been in warmer than anticipated temperatures. The weather was indeed warm. I think it was around 21/2 degrees at its hottest and the water stops every 2 kms or so were a real blessing.

Yet of course they were mobbed each time by every thirsty runner, creating an element of chaos on a recurring basis, particularly when it was necessary for most of us to slow down to a walk and actually drink. Cold showers, Powerade and sponges were also available at regular intervals.

This being only my second marathon I wasn't sure how I'd cope in such heat so deliberately kept to a steady 9 min pace, yo-yoing a bit with the 4.00 pacers. Of course the sun brings out the spectators and they were there in their throngs, some great support, particularly as your name was on your number which resulted in some interesting pronounciations of my name! When I hit the wall at 17/8 I really used the crowd to try and lift my spirits and get me through. Coming out of the wall (a moment of surprise), I had about a mile where I felt invincible before I then thought my thighs were on fire. And that's how it continued until the end.

I decided to run to mileage on my garmin, rather than use the km pacing, matching the race markers. My mistake was not cross referencing the two enough. It still didn't really twig when I saw the pacers edge away such was my trust in my garmin, and thought I had a relatively comfortable ease to the finish for a sub-4. I realised at about 25.5 miles that my garmin was out of sync. with the km markers, it must have lost a signal somewhere, I put everything I had left into the last mile and it was a pity I was just over the 4 hours, when I think with hindsight I might have been able to tuck away a sub-4. Hey ho.

It was a great race overall and was so pleased to have knocked 26 mins off my London Marathon 2009 time. Thanks to everyone for their support since the disappointment in Stratford.
Clare Osborne: 4:00:44 (4036 finisher)
Claire Steward: 3:31:37 (1342 finishers - 1st Woman 60-64)

Self Transcedence 5km, Battersea May 23

Tony Tuohy maintained his consistency inside 17 minutes

9 Tony Tuohy	16:49 (1M40)
25 Duncan Hussey	18:34
37 Scott Hemmens	19:31
82 Doerte Weber	22:52

146 finished

London Marathon - Late result !

Scott Hemmens 3:07

Nykredit Copenhagen Marathon 20 May 2012

Claire Steward writes: Last Christmas and new year I was in Ecuador scaling volcanoes with the aid of ice-axe and crampons, and two of my fellow trekkers, a couple from Copenhagen, suggested that I should join them to run the Copenhagen marathon so at the beginning of February, I sent off my entry, sorted out my fights and booked my hotel.

After the disappointment of the last minute cancellation of the Shakespeare marathon three weeks ago, Clare Osborne also managed to get an entry into Copenhagen so on Saturday morning after four hours sleep, I was collecting her en route to Gatwick to try our luck there.

The journey went like clockwork; my friends met us at the airport and after marathon registration (no small tee-shirts left but they promised to post them to us), we had a quick tour of the city, lunch, a brief stop at the Little Mermaid (yes it's very little), checked-in at our hotel, went for a stroll to check out the location of the start, found a reasonably priced pasta supper and retired for an early night.

Sunday dawned bright and sunny and got progressively warmer, what a contrast to the gales and freezing rain at Stratford-upon-Avon. Finally we were off on a slow shuffle towards the start line, it really made me appreciate the Green Start at London.

The route was incredibly complicated, apparently even more so than usual due to construction work on the metro system. Taking into account the weather, twists and turns, uneven kerbs, speed bumps, cobbles, and bottlenecks at narrow sections, I was pleased with my time.

My 5k splits all hovered around the 25 min mark with the slower splits reflecting the amount of time it took to get hold of cups of water and Poweraid at the plentiful drink stations, and with my second half less than 30 seconds slower that the first, this was my most evenly paced marathon ever. In retrospect, I probably should have gone quicker earlier on in the race but the hot weather was taking its toll on some of the other runners from quite early on and a few were wobbling alarmingly held up by spectators or lying exhausted on the ground which made me a bit nervous.

One of my friends had downloaded the marathon App onto his phone and was able to keep track of Clare and I, his partner, and some of his friends, as we went through each 5k, and as we waited for Clare he announced that she had just missed her target by a few seconds. I knew she would initially be dismayed to miss the magic 4 hours but she had still taken a huge 26 mins of her previous time - a fantastic achievement and surely indicative that a sub-4 is a possibility.

Crystal Palace Triathlon 20 May 2012
750km Pool Swim; 20km Bike; 5km run

A handful of Dulwich Runners didn't do the Green Belt but did this instead! We were relieved that even though it was chilly at least it was dry. It's nice to have a local race that starts relatively late in triathlon terms, so a "lie in" was welcome.

Waiting for my swim start I watched (ex Dulwich Runner) Karen Grieves doing her swim and then noticed Jane Harbage and family supporting her husband, David, doing his first ever triathlon.

Not surprisingly he had been really nervous before the start, but he completed the race in an excellent time.I quite enjoyed the swim although it is long for a "sprint" and the pool was very busy. The bike course was also busy with over 500 athletes doing 9 laps of the park during the 4 hour window the triathlon took to complete. The 5km run was bits of the canter route and parts of the parkrun route so at least there were no surprises and of course it's my "best" bit!

Clare Wyngard

Pos.	Name		Total	Swim	Bike	Run
25	Katie Crowe	3rd SenW	1.13.09	12.04	37.18	20.04
170	Clare Wyngard	2nd WV50	1.26.25	15.51	44.51	22.17
207	Sue Cooper		1.28.30	17.39	44.11	22.17
288	Karen Greives		1.33.21	18.10	45.21	26.05
327	David Harbage		1.36.39	19.02	46.49	27.13
356	Vicki Fong		1.39.53	17.11	50.08	26.05

5km Results for May 20th

Brockwell

44 Graham Laylee		22:27
64 Jessica Sale	16W	24:49
67 Nicola Hill	19W	25:20

131 finished

Bromley

Duncan Hussey ran his fastest time since last October while Mike Fullilove further improved his parkrun PB while Oscar Hussey ran his second best time.

5 Duncan Hussey		18:13
12 Steve Smythe		18:59
15 Mike Fullilove		19:12 (PB)
22 Oscar Hussey		19:33

312 finished

Crystal Palace

Wayne Lashley was a good second.

2 Wayne Lashley		17:47
4 Will Davis		19:13
18 Bob Bell		22:15
26 Jane Harbage	3W	24:23
64 Chris Vernon		29:58

84 finished

Dulwich

Ola Balme gained another win while there were course PBs for Duncan, Nicola, Joseph and Michelle.

8 Ola Balme	1W		20:03
13 Duncan Wilson		course. PB	20:40
14 Nicola Richmond	3W	course PB	20:41
15 Ajay Khandelwal			21:23
18 Joseph Brady		course PB	21:33
23 Mike Dodds			22:23
28 Clare Wyngard	6W		23:33
36 Ruki Sidhwa	10W		24:30
44 Michelle Lennon	12W	course PB	26:02

82 finished

Richmond

This popular parkrun seems to get busier each time we do it and it was a little crowded at the start. It soon thinned out though and we were able to run at our own pace. Barrie is getting back into his running after the marathon, so he was very pleased with his run. I had arrived back from Tokyo on Thursday evening after an exhausting four day round trip so had no expectations as to how I would run.

I was delighted to be just four seconds outside my course best.

Barrie John Nicholls	24.21
Lindsey Annable	24.54

CRYSTAL PALACE AND DULWICH PARKRUNS

Please be aware that neither of these will take place on Saturday 26th May. There is a motor sports event at the former and a charity run at the latter

TRACK MEETING, TOOTING, 21 MAY

I decided, possibly rashly, to run a 1500m as non-score in one of the Southern Vets League races at Tooting track on a rare vaguely warm evening. Somewhat heavy legged after the weekend Green Belt exertions, I was 9 secs slower than a week ago.

Mike

1500m 5:15 3rd

Southern Women's League, Sutcliffe Park, May 19

Clare had her best ever one day Southern league performance with four individual wins and a relay victory as she is rounding into her best ever track form.

She started off in the 800m with a solo run and ran a season's best by five seconds, with easily the fastest W45 time in Britain this year as she won by 12 seconds. She took it easy in the 3000m, only moving ahead in the final kilometre. She went for a fast solo run in the 1500m, winning by 38 seconds in what she thought would be her last individual run of the day.

When hearing the points score and her club Cambridge Harriers were still trailing, she made a late decision to run her first ever steeplechase and trailing with more of a climbing than hurdling technique over the early laps, she pulled away on the second half to win by 50 seconds and show great potential in the event.

Cambridge still trailed by half a point before the final women's event, the 4x400 but Clare had a clear lead on the second leg and was able to run a relaxed 69 second as Cambridge won that event and the men's 4x400 to score a narrow win.

800m: 1st Clare Elms	2:18.16
3000m: 1st Clare Elms	10:56.23
1500m: 1st Clare Elms	4:46.94
2000msc: 1st Clare Elms	8:25.67

4x400: 1st Cambridge H 4:28.67 (Clare 69.0 400)

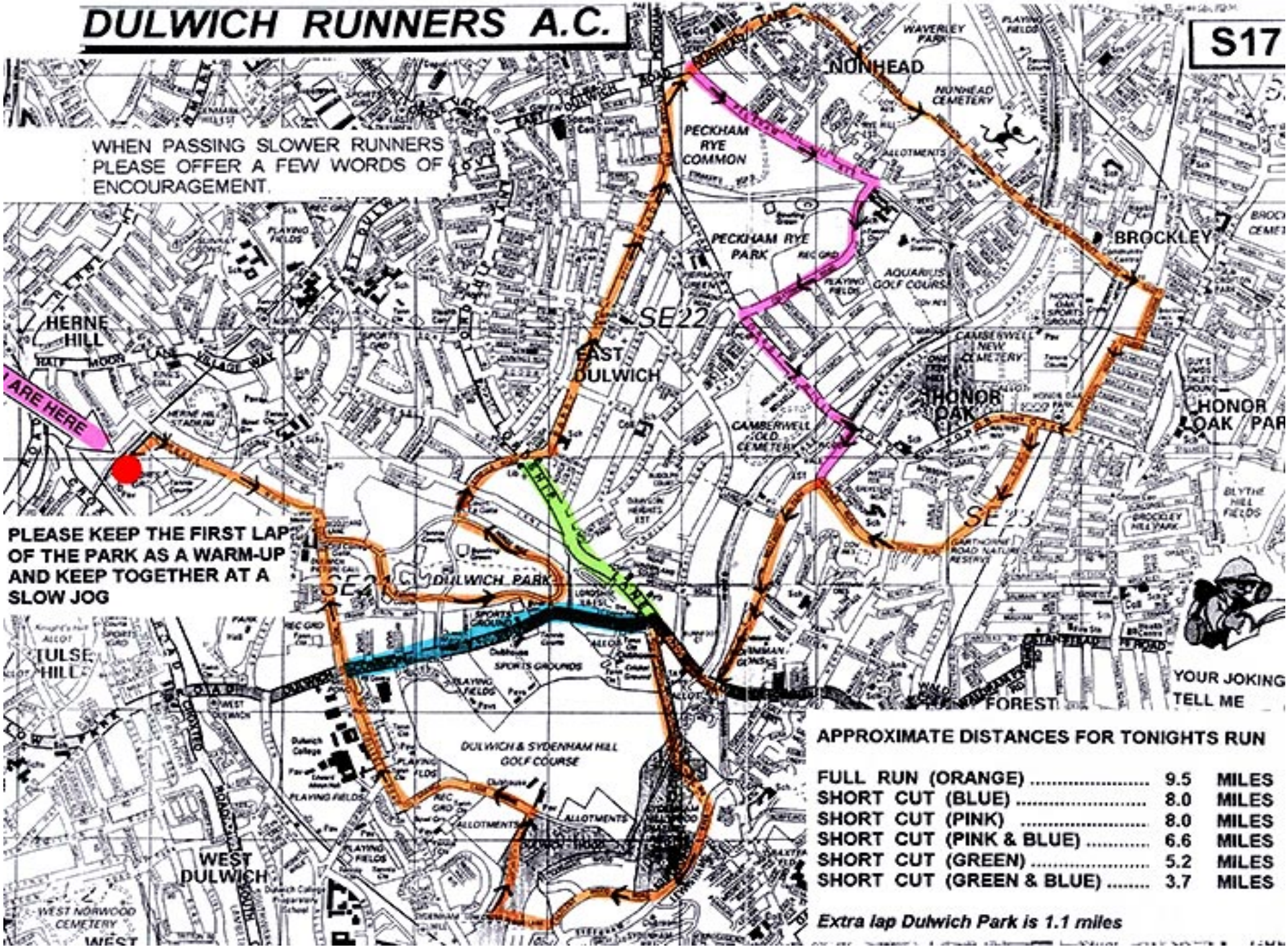
Trafford 1500m, May 15

Second claimer Debbie Niccol travelled all the way to Manchester to set a PB in a mixed race and edge ahead of Meredith Pannett's fastest ever Dulwich time of 4:30.7 and a little over a second covers the fastest three.

1st W Debbie Niccol	4:30.46

DULWICH RUNNERS A.C.

S17



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5	MILES
SHORT CUT (BLUE)	8.0	MILES
SHORT CUT (PINK)	8.0	MILES
SHORT CUT (PINK & BLUE)	6.6	MILES
SHORT CUT (GREEN)	5.2	MILES
SHORT CUT (GREEN & BLUE)	3.7	MILES

Extra lap Dulwich Park is 1.1 miles